

LIVE WELL SAN DIEGO Indicators

**Health Services Advisory Board
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Dale Fleming, Deputy Director
County of San Diego
Health and Human Services Agency





LIVE WELL SAN DIEGO

Building
Better
Health

Living
Safely

Thriving



LIVE WELL
SAN DIEGO



LIVE WELL
SAN DIEGO

1
VISION

of a Healthy, Safe and Thriving
San Diego County

3
COMPONENTS

to be rolled out
over the long-term initiative

Building
Better
Health

Living
Safely

Thriving

Living Safely, launched
October 2012, focuses on
three key outcomes:

- 1 Residents are protected from
crime and abuse
- 2 Neighborhoods are safe
to work, live and play
- 3 Communities are resilient
to disasters
and emergencies

4 **STRATEGIES**

that encompass a
comprehensive
approach

Building
a Better
System

Supporting
Positive
Choices

Pursuing
Policy &
Environmental
Changes

Improving
the
Culture
Within

5 **AREAS OF INFLUENCE**

that capture
overall
well-being



HEALTH



KNOWLEDGE



STANDARD
OF LIVING



COMMUNITY



SOCIAL

TOP 10 **LIVE WELL SAN DIEGO INDICATORS**

Life
Expectancy
Quality of Life

Education

Unemployment
Rate
Income

Security
Physical
Environment
Built Environment

Vulnerable
Populations
Community
Involvement

that measure progress in achieving the vision
for healthy, safe and thriving communities



LIVE WELL
SAN DIEGO

10 INDICATORS TO CAPTURE COLLECTIVE IMPACT

10 Key Indicators that:

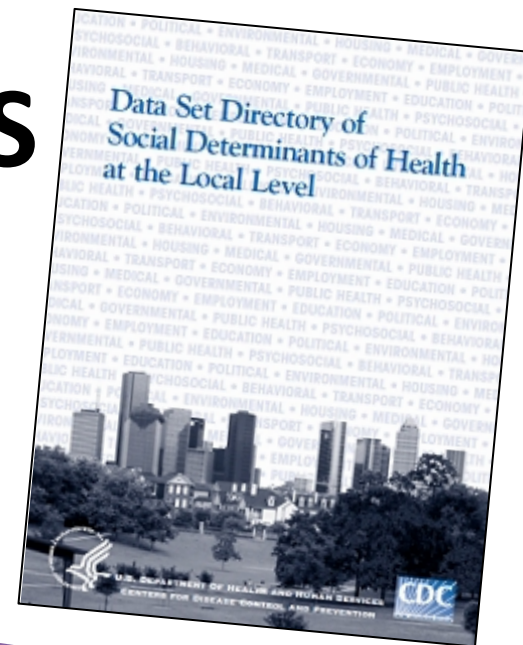
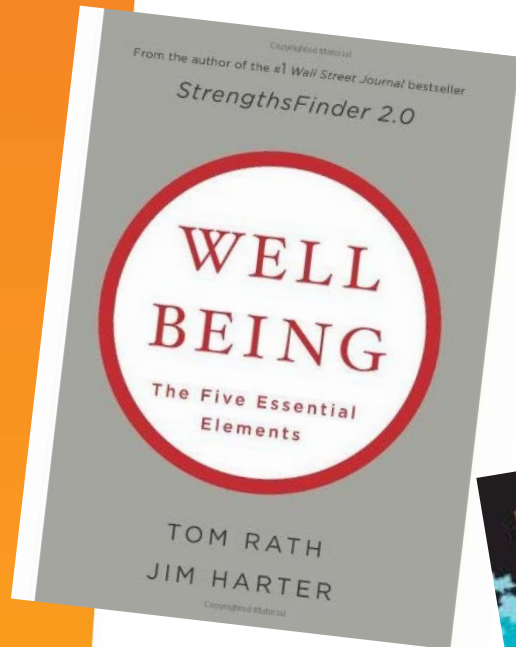
- ✓ Capture “***Live Well***” across the spectrum of all residents
- ✓ Drive us towards research and evidence-based practice for the **greatest impact** and **return on investment**
- ✓ Direct collective efforts among all key stakeholders

GUIDING PRINCIPLES FOR SELECTION OF INDICATORS

- ✓ Keep it simple: a few widely used and understood indicators that resonate
- ✓ Indicators that can be “sliced and diced” a number of ways
- ✓ Indicators that are comparable to other jurisdictions as well as areas and communities across our region








BEST PRACTICES



County Health Rankings
Mobilizing Action Toward Community Health
countyhealthrankings.org



MEASURING RESULTS

Areas of Influence	Definition	Top 10 Indicators
 HEALTH	Enjoying good health and expecting to live a full life	Life Expectancy Quality of Life
 KNOWLEDGE	Learning throughout the lifespan	Knowledge
 STANDARD OF LIVING	Having enough resources for a quality life	Unemployment Rate Income
 COMMUNITY	Living in a clean and safe neighborhood	Security Physical Environment Built Environment
 SOCIAL	Helping each other to live well	Vulnerable Population Community Involvement





COLLECTIVE ACTION TO COMMUNITY IMPACT

Actions We Take Collectively Across Sectors

County Government

Health Providers

Community & Faith-Based Organizations

Business

Schools

Law Enforcement and Courts

Military

Other Local Jurisdictions

Results We Seek or Community Impact

**Behavior
Changes in
Population**

•Short Term:
w/in 3 years

**Risk Factor
Changes in
Population**

•Mid-Term:
w/in 7 years

**Outcome
Changes in
Population**

•Long Term:
w/in 10 years



HEALTH

COLLECTIVE ACTION TO COMMUNITY IMPACT

Actions We Take

Results We Seek

HHSA

Process CalFresh applications timely

CalFresh enrollment

Eat healthy food

LUEG

Conduct Park Maintenance

Recreational activities

Increase Physical Activity

CBO

Conduct CalFresh outreach

Nutrition education training

Eat healthy food

Business

Initiate worksite wellness program

Employee participation

Increase Physical Activity

Schools

Initiate Farm-to-School Procurement

Student served fresh produce

Eat healthy food

Other local jurisdictions

Add health element to general plan

Walking & biking safety

Increase Physical Activity

Population Outcomes

Short Term:
w/in 3 years

Mid-Term:
w/in 7 years

Long Term:
w/in 10 years

Improved Diet and Exercise

Decreased Obesity

Decreased Deaths
3-4-50

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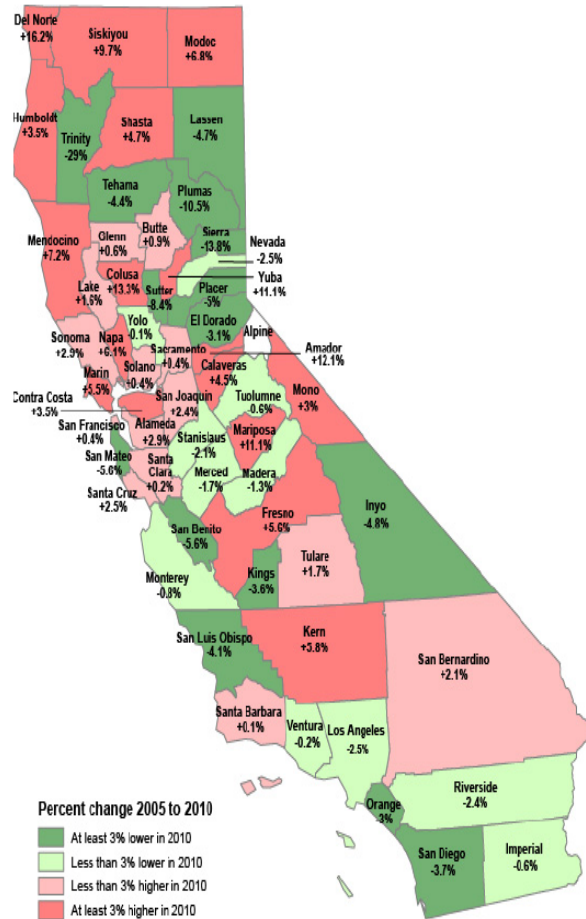
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STORIES

The Indicators help give context for how different approaches collectively influence the health, safety and quality of life of residents and communities



Encouraging Trends: 10 Years of Obesity Prevention Work



Between 2005 and 2010, the percentage of our children that are overweight or obese **decreased 3.7%** in San Diego County—the biggest decline out of all Southern California counties.

Source: A Patchwork of Progress: Changes in Overweight and Obesity Among Children 5th, 7th and 9th Graders, 2005-10, November 2011, UCLA Center for Health Policy Research and California Center for Public Health Advocacy.

NEXT STEPS

- ✓ Top 10 Indicators will be featured on new LiveWellSD.org website to be rolled out on October 22, 2013 (baseline data)
 - ✓ Comparison data for State, the nation, and by community will be available
 - ✓ Static maps of Indicator data by community
- ✓ Tools being developed for use by community partners (i.e. how their actions have impact)

